

# My Food Timeline



**Breakfast**  
Coffee w/ skim milk  
One egg  
English muffin w/ 2  
tbsp. black olive  
spread



**Breakfast**  
Coffee with skim milk  
Whole wheat waffles with 1/4  
cup blueberries



**Lunch**  
Chicken and rice Soup  
Tuna fish sandwich  
Water



**Breakfast**  
Coffee with skim milk  
Multigrain bagel with 2 tbsp  
of black olive spread  
6 oz strawberry-banana  
yogurt



**Breakfast**  
Hot Tea  
Hot oatmeal in skim  
milk  
1 slice whole multigrain  
toast with 1 tsp tub  
margarine



**Lunch**  
Panda Express fried rice  
Sweetfire chicken  
1 bottle of Sprite



**Dinner**  
Chicken breast 6 oz  
Red bliss potato soup  
Broccoli  
Water



**Lunch**  
Lean Ham Sandwich  
Chicken and Rice Soup  
Water



**Snack**  
1 McDonald  
breakfast  
sausage burrito  
with 1 tube of  
hot sauce

**M**



**Snack**  
Banana

**T**



**Breakfast**  
Hot tea  
Multigrain cereal with  
skim milk and bananas  
1 slice whole multigrain  
Toast with 1 tsp tub  
margarine



**Lunch**  
Lean turkey sandwich  
with 1 tbsp Tuscan  
Italian dressing  
Tomato basil soup  
Water



**Dinner**  
Salmon 4 oz.  
Spinach  
Red bliss potato soup  
1 cup water, coffee, or  
tea

**W**



**Dinner**  
Beef  
Mixed vegetables  
Collard greens  
1 cup water, coffee,  
or tea



**Lunch**  
Lean turkey sandwich with 1  
tbsp Tuscan Italian  
dressing  
Tomato basil soup  
Water



**Dinner**  
Chicken breast 6oz.  
Red bliss potato soup  
Broccoli  
1 cup water, coffee, or tea

**TH**



**Snack**  
Banana

**F**



**Dinner**  
Lamb stew meat  
Corn  
French style green  
Beans  
1 cup water, coffee, or  
tea